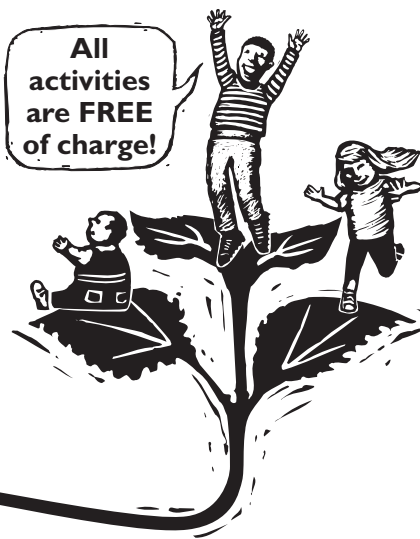


# Growing Healthy Families

All  
activities  
are FREE  
of charge!



Newport District Office, Vermont Department of Health

100 Main Street, Suite 220 • Newport, Vermont 05855

1-802-334-6707 or 1-800-952-2945

Spring 2010

## Ready, Set, Grow

Wednesday, May 5; 10:00 a.m.

Emory Hebard State Office Building

state conference room 250

100 Main Street, Newport

Bring your children and plant some vegetable seeds to grow and transplant into your garden or container at home. Short on space? No problem! Many parents grow vegetables in containers. We have radish, lettuce and tomato seeds to make a fresh salad for your family. Kids love to get involved and watch plants grow into healthy foods. We'll read a fun story about how plants grow. You get to take home all the seeds you've planted plus some more. Please call to pre-register at 334-4389.

## Newport Preschool Play Group

every Monday, Wednesday and Friday

9:30–11:00 a.m.

Newport Municipal Building

Join families with young children to play in a safe environment. Don't let the harsh Vermont winters prevent you and your children from getting active play everyday. FREE through a grant from the Building Bright Futures Foundation and the Newport Parks and Recreation Department. Bring your pre-schoolers to the ultimate "playworld" and enjoy social interaction, child development, snacks and much more.

## Let's Talk Teeth

Make sure your child is brushing twice a day. You should assist at least once a day. Your child doesn't lose their last baby tooth until approximately 12 years of age, so always keep them healthy! Your child should be on fluoride supplements if you don't have it in your water. Ask your dentist or doctor. If you have questions about teeth or dental care call Taryn Hunt, RDH, at 334-4355.

## Annual Children's Day Parade

Thursday, May 6; 10:00 a.m.

Gardner Park, Newport

Spring is here and it is time to enjoy the outdoors. The parade ends at Gardner Park and WIC will provide interactive activities afterwards to keep the children moving. We will have information and walking maps of Newport and the newly expanded Newport Recreation Path. Learn about free bike rentals and low cost, family-centered activities. Free FIT WIC activity books and sports stickers will be available!